

Being a mother is a hard job.

If you are feeling sad, nervous, afraid
or angry, you are not alone.

One out of 10 women feels
depressed after giving birth.

Depression is treatable.

If not treated, it can hurt you and your family.

If you are feeling depressed, it's okay to ask for help.

- Find a support group
- Get counseling
- Talk to your health care provider

Call the Parental Stress Line

1-800-632-8188

24 hours a day, 365 days a year
The call is private and anonymous.

www.postpartum.net

